2016 FIT FOR PERFORMANCE Weight Control Program

•Fit For Performance is a weight control program that consists of six sessions taken over a 6 to 12 week period. The program is available to all Active Duty Military, Retirees , and Family Members.

•Classes are held on Tuesdays at 0900-1100 or 1300-1500.

•Attending one session every 1-2 weeks is recommended. **Patients must attend session 1 first and session 6 last.** All other sessions may be taken in any order. At least one individual visit with a Registered Dietitian is also included in this program.

•Private weight and body composition measurements will be obtained at each class . Measuring will begin 30 min before each class.

•After the program is completed, it is recommended to continue to do follow-up measurements every 1-4 weeks for six months. Follow up measurements are done on a walk-in basis in the Nutrition Care Clinic: Mondays-Friday 0730-1800 , Mondays and Wednesday 0730-1130 or by appointment.

	Session 1	**Session 2**	**Session 3**	**Session 4**	**5**	**Session 6**
	Steps To Weight Loss Success	Maximize Your Sleep and Your Workouts	Creating Supportive Environments	Fueling Your Brain and Body	Psychology of Weight Loss	Stress Eating, Stress Management
Time	**Dates**	**Dates**	**Dates**	**Dates**	**Dates**	**Dates**
0900	26 Jan 8 Mar 19 Apr 31 May 12 Jul 23 Aug 4 Oct 15 Nov 27 Dec	2 Feb 15 Mar 26 Apr 7 Jun 19 Jul 30 Aug 11 Oct 22 Nov 3 Jan 2017	9 Feb 22 Mar 3 May 14 Jun 26 Jul 6 Sept 18 Oct 29 Nov 10 Jan 2017	16 Feb 29 Mar 10 May 21 Jun 2 Aug 13 Sep 25 Oct 6 Dec 17 Jan 2017	23 Feb 5 Apr 17 May 28 Jun 9 Aug 20 Sep 1 Nov 13 Dec 24 Jan 2017	1 Mar 12 Apr 24 May 5 Jul 16 Aug 27 Sep 8 Nov 20 Dec 31 Jan 2017
1300	5 Jan 16 Feb 29 Mar 10 May 21 Jun 2 Aug 13 Sept 25 Oct 6 Dec	12 Jan 23 Feb 5 Apr 17 May 28 Jun 9 Aug 20 Sept 1 Nov 13 Dec	19 Jan 1 Mar 12 Apr 24 May 5 Jul 16 Aug 27 Sept 8 Nov 20 Dec	26 Jan 8 Mar 19 Apr 31 May 12 Jul 23 Aug 4 Oct 15 Nov 27 Dec	2 Feb 15 Mar 26 Apr 7 Jun 19 Jul 30 Aug 11 Oct 22 Nov 3 Jan 2017	9 Feb 22 Mar 3 May 14 Jun 26 Jul 6 Sept 18 Oct 29 Nov 10 Jan 2017

Contact the Nutrition Care Clinic to schedule classes 255-7986

***Class dates and/or times are subject to change.**